



## L-Glutamine

### For Gastro-Intestinal Support

The amino acid glutamine plays a key role in the metabolism, structure, and function of the entire gastrointestinal tract and its extensive immune system.

### Suggested Use

1 Capsule daily or as directed by a qualified health professional.

### Supplement Facts

**Serving Size:** 1 Capsule

**Servings per Container:** 60

L-Glutamine 500 mg

Other Ingredients: Gelatin (capsule), cellulose, and vegetable stearate.



### L-Glutamine

Glutamine is the most abundant amino acid found in blood, and transports nitrogen in the body. The GI tract, liver, and immune system use glutamine for the synthesis of nucleotides, proteins, and amino sugars.

- Glutamine **carries potentially toxic ammonia to the kidneys for excretion** helping maintain normal balance. It may be crucial in maintaining normal function of the gastrointestinal tract, liver, and pancreas.
- Glutamine **helps maintain normal intestinal permeability, and mucosal cell regeneration and structure**, especially during periods of physical stress.
- Intestinal mucosal cells need glutamine for the biosynthesis of a number of important compounds **needed for cell division, building the glycosaminoglycans of intestinal mucous, and many amino acids** that are crucial for protein synthesis.

**During physiological stress**, the intestinal tract uses very large amounts of glutamine. This often results in a fall of blood glutamine, and skeletal muscle is broken down to supply more glutamine. The immune cells of mucosa, mesentery and the liver depend on glutamine as a key nitrogen donor and energy source. **During infections of intestinal origin**, immune cells need more glutamine. Just as in trauma or surgery, a strong immune response can result in lower blood glutamine levels and muscle wasting.

The ingredients in this product are supplied by well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.